November 2 - 8, 2026

MONDAY 11/2	TUESDAY 11/3	WEDNESDAY 11/4	THURSDAY 11/5	FRIDAY 11/6	SATURDAY 11/7
7:30 am WR Meditation **8:15 am WR** Yoga **9:30 am WR** Yoga **11 am WR** T'ai Chi Chih **1 pm C Arts** Class: Collage Play w/ Janet Higgins **1:30 pm WR** Mah Jongg **2 pm EDR** Letter Writing **4 pm SOL** Happy Hour **5:30 pm DR** Dinner **6:30 pm Bus** Singalong at Danish American Center **7 pm WDR/CS** Cribbage & Game Night	**8 am WR** Stretchers **8 am CHP** Buddhist Sangha **9 am WR** Men's Yoga **9:30 am Bus** Trader Joe's **10 am C Arts** Card Recyclers **11 am WR** Pilates **1:30 pm WDR** Board of Directors Meeting **4 pm Pkwy** Good Trouble Tuesdays **5:30 pm DR** Dinner **8 pm WR** Election Night Watch party	**7:30 am WR** Meditation **8:15 am WR** Yoga **9:30 am WR** Yoga **11 am WR** T'ai Chi Chih **12 pm DR** Lunch **12 pm WR** Men's Yoga **3:30 pm WDR** Socrates Cafe	**8 am WR** Stretchers **9 am WR** Men's Yoga **10:15 am CHP** AA Meeting **11 am WR** Pilates **12 pm DR** Lunch **1 pm Bus** Shopping: Highland Village **1 pm Fitness Ctr.** Strength Training **1 pm CHP** Learn to Use the Chapel Sound System **2:30 pm DR** Free Cookie Cart to Celebrate Voting **3:30 pm LIB** Learn About our Library **7 pm WR** Environmental Motivation for Renewable Heating	**7:30 am WR** Meditation **8:15 am WR** Yoga **9 am DR** Tech Help Desk **9:30 am WR** Yoga **10 am SOL** Yarn Group **11 am WR** Qigong **1:30 pm WR** Comfort Singers **3:30 pm WR** Spanish Conversation **4 pm SOL** Happy Hour **5:30 pm DR** Dinner	**9 - 10 am DR** Breakfast **10:30 am WDR** Ukulele Practice --- **SUNDAY 11/8** **9 am WR** Men's Yoga **12 pm DR** Lunch (Delivery Only) **7 pm DR** Movie: *Mrs. Harris Goes to Paris* **Location Key** Chapel - CHP Coffee Shop - CS 4th Fl. Conf Room - CR Creative Arts - C Arts E. Dining Room - EDR Game Room - GR Kensington Sq - KS Library - LIB North Commons - NC River Parkway - Pkwy Solarium - SOL Wellington Rm - DR W. Dining Room - WDR Windsor Room - WR